

Welcome to the Official's Home Page!!
Officials are Honored
For
Giving Their Greatest Gift, their TIME!!

Sierra Nevada Swimming Officials Newsletter

August 1, 2016



*to become an official for
USA Swimming*

Five Reasons to Become an Official

You'll be working with the greatest group of volunteers in all sports.

You'll be close to the action.

The bleachers aren't comfortable anyway!

High satisfaction; low pay.

**It's a great way to meet future
Olympians — unless you already
have one in your home.**

Great food in hospitality, and you

Can't beat the price!

Sierra Nevada Swimming Name Tag's Anybody?

All name tags will now be purchased by you by going onto the Hasty Awards web site, that is written below, and then filling in the needed information, like your name, mailing address, where the name tag will be shipped, your credit card information and the "in hands" date. When the information is entered properly, you will submit your order. You will use a credit card and the name tag will be mailed to you when completed. Please allow two to three weeks for delivery.

Copy and paste the link below onto your browser:

<http://www.hastyawards.com/sports/swimming/nametags/nametag-sierra-nevada.html>

The name tags will be mailed to you, when they are completed by Hasty Awards.

All name tags now are made with the new Sierra Nevada Swimming Miner Pin.



The cost of one name tag is \$5.95, which includes shipping and handling.

If you want to phone directly and not use the Hasty Awards web site method to order you name tag, please dial (800) 448-7714 or (785) 242-5297

BUYING A WHITE POLO SHIRT FROM LAND'S END

THE ONE TIME SETUP FEE HAS BEEN PAID

YOU WILL PAY FOR:

THE PRICE OF THE POLO SHIRT - mine was \$29.95, less 20% because of a sale, but check for promotions, sales and different types of polo shirts.

THE LOGO APPLICATION - each shirt will be charged \$8.95 for embroidery.

PLUS SHIPPING AND HANDLING

PLUS TAX

WHAT YOU NEED TO DO:

GET A LANDS' END CATALOG AND PICK OUT THE SHIRT, SIZE AND COLOR.

CALL LANDS' END BUSINESS OUTFITTERS AT 1-800-663-2193

PHONE ONLY Monday through Friday from 7:00 AM to 7:00 PM, CST.

ASK TO PURCHASE A POLO SHIRT WITH THE Logo Number: 1146603W



Swimming At The 2016 Olympic Games

The Complete Schedule

For the second time in three Games, the sessions will be conducted at unusual hours to accommodate for NBC's preference of broadcasting finals live in prime time in the United States; after the 2008 Olympics in Beijing featured evening preliminaries and morning finals, the Rio Games will feature 1 p.m. start time preliminary heats and 10 p.m. finals each of the eight days of competition.

But the order of events should be familiar to fans as it will be the exact same as the schedule used at each of the past three Olympics. The 32 finals in the pool will be evenly split with four per day beginning on Saturday, August 6 and running until the following Saturday, August 13. The entire schedule of finals are listed below.

All events 200 meters and shorter will include preliminary and semifinal heats conducted the day before the final. 400 meter events and longer – including relay events – are prelims-finals only. Heats of the 400 free, 400 IM, 400 and 800 free relay events will be same-day, and heats of the distance events (women's 800 and men's 1500) and medley relays will go off the day before.

Event Schedule by Day (Finals only)

- August 6 – men's 400 IM, men's 400 free, women's 400 IM, women's 400 free relay**
- August 7 – women's 100 fly, men's 100 breast, women's 400 free, men's 400 free relay**
- August 8 – men's 200 free, women's 100 back, men's 100 back, women's 100 breast**
- August 9 – women's 200 free, men's 200 fly, women's 200 IM, men's 800 free relay**
- August 10 – men's 200 breast, women's 200 fly, men's 100 free, women's 800 free relay**
- August 11 – women's 200 breast, men's 200 back, men's 200 IM, women's 100 free**
- August 12 – women's 200 back, men's 100 fly, women's 800 free, men's 50 free**
- August 13 – women's 50 free, men's 1500 free, women's 400 medley relay, men's 400 medley relay**

MORE OF THE DAY BY DAY SCHEDULE OF THE SWIMMING EVENTS AT THE 2016 SUMMER OLYMPICS IN RIO

HEATS

SATURDAY, AUG 6TH

Men's 400 IM
Women's 100m Fly
Men's 400m Free
Women's 400m IM
Men's 100m Breast
Women's 4 x 100m Free Relay

SUNDAY, AUG 7TH

Women's 100m Back
Men's 200m Free
Women's 100m Breast
Men's 100m Back
Women's 400m Free
Men's 4 x 100m Free Relay

MONDAY, AUG 8TH

Women's 200m Free
Men's 200m Fly
Women's 200m IM

SEMIFINALS/FINALS

SATURDAY, AUG 6TH

Men's 400 IM - Final
Women's 100m Fly - Semifinal
Men's 400m Free - Final
Women's 400m IM - Final
Men's 100m Breast - Semifinal
Women's 4 x 100m Free Relay - Final

SUNDAY, AUG 7TH

Women's 100m Fly - Final
Men's 200m Free - Semifinal
Women's 100m Breast - Semifinal
Men's 100m Breast - Final
Women's 400m Free - Final
Men's 100m Back - Semifinal
Women's 100m Back - Semifinal
Men's 4 x 100m Free Relay - Final

MONDAY, AUG 8TH

Women's 200m Free - Semifinal
Men's 200m Free - Final
Women's 100m Back - Final
Men's 100m Back - Final
Women's 100m Breast - Final
Men's 200m Fly - Semifinal
Women's 200m IM - Semifinal

TUESDAY, AUG 9TH

Men's 100m Free
 Women's 200m Fly
 Men's 200m Breast
 Men's 4 x 200m Freestyle Relay

TUESDAY, AUG 9TH

Men's 100m Free - Semifinal
 Women's 200m Free - Final
 Men's 200m Fly - Final
 Women's 200m Fly - Semifinal
 Men's 200m Breast - Semifinal
 Men's 200m Fly - Semifinal
 Women's 200m IM - Final
 Men's 4 x 200m Freestyle Relay - Final

WEDNESDAY, AUG 10TH

Women's 100m Free
 Men's 200m Back
 Women's 200m Breast
 Men's 200m IM
 Women's 4 x 200m Free Relay

WEDNESDAY, AUG 10TH

Men's 200m Breast - Final
 Women's 100m Free - Semifinal
 Men's 200m Back - Semifinal
 Women's 200m Fly - Final
 Men's 100m Free - Final
 Women's 200m Breast - Semifinal
 Men's 200m IM - Semifinal
 Women's 4 x 200m Freestyle Relay - Final

THURSDAY, AUG 11TH

Men's 50m Free
 Women's 800m Free
 Men's 100m Fly
 Women's 200m Back

THURSDAY, AUG 11TH

Men's 50m Free - Semifinal
 Women's 200m Breast - Final
 Men's 200m Back - Final
 Women's 200m Back - Semifinal
 Men's 200m IM - Final
 Women's 100m Free - Final
 Men's 100m Fly - Semifinal

FRIDAY, AUG 12TH

Women's 50m Free
 Men's 1500m Free
 Women's 4 x 100m Medley Relay
 Men's 4 x 100m Medley Relay

FRIDAY, AUG 12TH

Women's 200m Back - Final
 Men's 100m Fly - Final
 Women's 800m Free - Final
 Men's 50m Free - Final
 Women's 50m Free - Semifinal

SATURDAY, AUG 13TH

No Preliminaries

SATURDAY, AUG 13TH

Women's 50m Free - Final

Men's 1500m Free - Final

Women's 4 x 100m Medley Relay – Final

Men's 4 x 100m Medley Relay - Final

MONDAY, AUG 15TH

Women's Open Water 10K

TUESDAY, AUG 16TH

Men's Open Water 10K

21 New Year's Resolutions for all Swim Parents

Courtesy of Elizabeth Wickham

As a swim parent, I've made my share of mistakes. Through the years, I've evolved and hopefully improved. For example, I am not the same swim parent today that I was 10 years ago. I still get nervous at meets, but I no longer compare my kids to other swimmers. I enjoy each moment as a swim parent, knowing that I won't be in this role forever.

The New Year provides a golden opportunity to reflect on our swim parenting skills. Are we adding to the swim experience—or detracting from it? Here's my list of 21 New Year's Resolutions for all swim parents:

1

I will get my swimmer to practice consistently and on time.

2

I will talk positively about the coach and team to other swim parents.

3

I will sign up to volunteer at meets early and often.

4

I will not compare my child's times with other swimmers.

5

I will not show my frustration when my swimmer has a bad swim.

6

I will cheer, not coach my child.

7

I will reach out to newer swim parents and be a positive role model.

8

I won't rehash swim performances on the drive home from a meet.

9

I will let my kids mature and take charge of their lives.

10

I promise to not helicopter and hover at practices and meets.

11

I will praise my swimmer for good sportsmanship.

12

I will provide healthy food at meets and at home.

13

I will let my swimmers find their own heats and lanes.

14

I will cheer for other swimmers on our team.

15

I will not use bribery to motivate my child.

16

I will encourage my child's effort and not focus on performance.

17

I will not engage in gossip on the pool deck.

18

I will not automatically take my child's side if there's an issue with the coach or teammates.

19

I will not stand behind the blocks while my child races.

20

I will not impose my goals on my swimmer.

21

Olympic Symbols

The Olympic Movement uses symbols to represent the ideals embodied in the Olympic Charter. The Olympic symbol, better known as the Olympic rings, consists of five intertwined rings and represents the unity of the five inhabited continents (Africa, America, Asia, Oceania, Europe). The colored version of the rings—blue, yellow, black, green, and red—over a white field forms the Olympic flag. These colors were chosen because every nation had at least one of them on its national flag. The flag was adopted in 1914 but flown for the first time only at the 1920 Summer Olympics in Antwerp, Belgium. It has since been hoisted during each celebration of the Games.

The Olympic motto, *Citius, Altius, Fortius*, a Latin expression meaning "Faster, Higher, Stronger" was proposed by Pierre de Coubertin in 1894 and has been official since 1924. The motto was coined by Coubertin's friend the Dominican priest Henri Didon OP, for a Paris youth gathering of 1891.

Coubertin's Olympic ideals are expressed in the Olympic creed:

The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.

Months before each Games, the Olympic Flame is lit in Olympia in a ceremony that reflects ancient Greek rituals. A female performer, acting as a priestess, ignites a torch by placing it inside a parabolic mirror which focuses the sun's rays; she then lights the torch of the first relay bearer, thus initiating the Olympic torch relay that will carry the flame to the host city's Olympic stadium, where it plays an important role in the opening ceremony. Though the flame has been an Olympic symbol since 1928, the torch relay was only introduced at the 1936 Summer Games.

The Olympic mascot, an animal or human figure representing the cultural heritage of the host country, was introduced in 1968. It has played an important part on the Games identity promotion since the 1980 Summer Olympics, when the Russian bear cub Misha reached international stardom. The mascot of the Summer Olympics in London was named Wenlock after the town of Much Wenlock in Shropshire. Much Wenlock still hosts the Wenlock Olympian Games, which were an inspiration to Pierre de Coubertin for the Olympic Games.

The Rio mascot was named after one of Brazil's most prominent 20th century cultural icons, Vinicius des Moraes, the mascot for the Olympic Games Rio 2016 constitutes a blend of animals native to Brazil, and symbolizes the energy and a keen enjoyment of living by the Brazilian people.

Vinicius possesses the agility of cat, the balancing skills of a monkey and the grace of a bird. He is capable of stretching out his arms and legs as long as he wants, and he has a heightened sense of smell and hearing. When creating him, his designers drew inspiration from pop culture as well as video game and cartoon characters. With his colleague Tom, the mascot for the Paralympic Games, Vinicius represents the diversity of Brazilian culture and people, as well as their exuberant nature. He was officially unveiled to the public on 23 November 2014, but he did not yet have a name.

It was at that point that 320,000 fans of the Olympic Games had their say on the mascot's name, voting for one of three short listed names: Oba, Tuque and Vinicius.

Opening Ceremonies

As mandated by the Olympic Charter, various elements frame the opening ceremony of the Olympic Games. This ceremony takes place before the events have occurred. Most of these rituals were established at the 1920 Summer Olympics in Antwerp. The ceremony typically starts with the hoisting of the host country's flag and a performance of its national anthem. The host nation then presents artistic displays of music, singing, dance, and theater representative of its culture. The artistic presentations have grown in scale and complexity as successive hosts attempt to provide a ceremony that outlasts its predecessor's in terms of memorability. The opening ceremony of the Beijing Games reportedly cost \$100 million, with much of the cost incurred in the artistic segment.

After the artistic portion of the ceremony, the athletes parade into the stadium grouped by nation. Greece is traditionally the first nation to enter in order to honor the origins of the Olympics. Nations then enter the stadium alphabetically according to the host country's chosen language, with the host country's athletes being the last to enter. During the 2004 Summer Olympics, which was hosted in Athens, Greece, the Greek flag entered the stadium first, while the Greek delegation entered last. Speeches are given, formally opening the Games. Finally, the Olympic torch is brought into the stadium and passed on until it reaches the final torch carrier, often a successful Olympic athlete from the host nation, who lights the Olympic flame in the stadium's cauldron.

Closing Ceremonies

The closing ceremony of the Olympic Games takes place after all sporting events have concluded. Flag-bearers from each participating country enter the stadium, followed by the athletes who enter together, without any national distinction. Three national flags are hoisted while the corresponding national anthems are played: the flag of the current host country; the flag of Greece, to honor the birthplace of the Olympic Games; and the flag of the country hosting the next Summer or Winter Olympic Games. The president of the organizing committee and the IOC president make their closing speeches, the Games are officially closed, and the Olympic flame is extinguished. In what is known as the Antwerp Ceremony, the mayor of the city that organized the Games transfers a special Olympic flag to the president of the IOC, who then passes it on to the mayor of the city hosting the next Olympic Games. The next host nation then also briefly introduces itself with artistic displays of dance and theater representative of its culture.

As is customary, the men's marathon medals (at the Summer Olympics) or the men's 50 km cross-country skiing freestyle mass start medals (at the Winter Olympics) are presented as part of the Closing Ceremony, which take place later that day, in the Olympic Stadium, and are thus the last medal presentation of the Games.

Olympic Medal Presentation

A medal ceremony is held after each Olympic event is concluded. The winner, second and third-place competitors or teams stand on top of a three-tiered rostrum to be awarded their respective medals. After the medals are given out by an IOC member, the national flags of the three medalists are raised while the national anthem of the gold medalist's country plays. Volunteering citizens of the host country also act as hosts during the medal ceremonies, as they aid the officials who present the medals and act as flag-bearers.

As is customary, the men's marathon medals are presented as part of the Summer Closing Ceremony, which take place later that day, in the Olympic Stadium - thus, they are the final medal presentation of the Games.

Olympic Sports

The Olympic Games program consists of 35 sports, 30 disciplines and 408 events. For example, wrestling is a Summer Olympic sport, comprising two disciplines: Greco-Roman and Freestyle. It is further broken down into fourteen events for men and four events for women, each representing a different weight class. The Summer Olympics program includes 26 sports, while the Winter Olympics program features 15 sports. Athletics, swimming, fencing, and artistic gymnastics are the only summer sports that have never been absent from the Olympic program. Cross-country skiing, figure skating, ice hockey, Nordic combined, ski jumping, and speed skating have been

featured at every Winter Olympics program since its inception in 1924. Current Olympic sports, like badminton, basketball, and volleyball, first appeared on the program as demonstration sports, and were later promoted to full Olympic sports. Some sports that were featured in earlier Games were later dropped from the program.

Olympic sports are governed by international sports federations (IFS) recognized by the IOC as the global supervisors of those sports. There are 35 federations represented at the IOC. There are sports recognized by the IOC that are not included on the Olympic program. These sports are not considered Olympic sports, but they can be promoted to this status during a program revision that occurs in the first IOC session following a celebration of the Olympic Games. During such revisions, sports can be excluded or included in the program on the basis of a two-thirds majority vote of the members of the IOC. There are recognized sports that have never been on an Olympic program in any capacity, including chess and surfing.

In October and November 2004, the IOC established an Olympic Programme Commission, which was tasked with reviewing the sports on the Olympic program and all non-Olympic recognized sports. The goal was to apply a systematic approach to establishing the Olympic program for each celebration of the Games. The commission formulated seven criteria to judge whether a sport should be included on the Olympic program. These criteria are history and tradition of the sport, universality, popularity of the sport, image, athletes' health, development of the International Federation that governs the sport, and costs of holding the sport. From this study five recognized sports emerged as candidates for inclusion at the 2012 Summer Olympics: golf, karate, rugby union, roller sports and squash. These sports were reviewed by the IOC Executive Board and then referred to the General Session in Singapore in July 2005. Of the five sports recommended for inclusion only two were selected as finalists: karate and squash. Neither sport attained the required two-thirds vote and consequently they were not promoted to the Olympic program. In October 2009 the IOC voted to instate golf and rugby union as Olympic sports for the 2016 and 2020 Summer Olympic Games.

The 114th IOC Session, in 2002, limited the Summer Games program to a maximum of 28 sports, 301 events, and 10,500 athletes. Three years later, at the 117th IOC Session, the first major program revision was performed, which resulted in the exclusion of baseball and softball from the official program of the 2012 London Games. Since there was no agreement in the promotion of

two other sports, the 2012 program featured just 26 sports. The 2016 and 2020 Games will return to the maximum of 28 sports given the addition of rugby and golf.

2015-16 SCHOLASTIC ALL-AMERICA TEAM INFORMATION

The application for the 2015-2016 year will be available online at the USA Swimming website from June 1, 2016 to August 15, 2016.

- The only method for application will be the online application on the USA Swimming website.
- Applicants will be required to have a USA Swimming account.
- Qualifying pool times for the applicant will be validated through Times on the USA Swimming website (time MUST be in SWIMS).
- Applicant will be required to have a TRANSCRIPT for the COMPLETE academic year available for uploading to the application.
- Applicant must have been a member at the time of the swim and a current member when applying for the 2015-16 SAA team.
- Applicant must have all application documents completed by August 15, 2016. Late applications will NOT be accepted or considered.

Requirements:

- Grade completion requirement – applicant must have completed 10th 11th or 12th grade
- GPA Requirement – minimum 3.5 GPA for the current academic year
 - o A=4, B=3, C=2. If numerical grades are used, the following scale will be used unless the school's letter grade conversion is given on the transcript: A=90-100; B=80-89; C=70-79.
 - o Honors, Advanced Placement, International Baccalaureate, and dual credit college level academic courses will earn one half (.5) extra Grade Point. Grades for academic subjects only are calculated – history/social studies, English,

mathematics, sciences, foreign languages, arts (visual and performing), and computer-sciences. A grade lower than a C in an academic subject will mean automatic rejection of the applicant. Grades for non-academic courses will NOT be calculated - band, choir, health, driver education, physical education, and any other class marked non-academic on a transcript.

o There will be no special status designation for a 4.0 GPA other than for a national champion who also has a 4.0 GPA.

- Pool Requirements

o Applicants must have swum an individual pool time equal to a 2015 Winter Junior qualifying time in any individual event during the SAA qualifying period (August 16, 2015 – August 15, 2016) with qualifying times in SWIMS – list of times are posted on the USA Swimming website. A qualifying time will be available for selection from the SWIMS database during the application process. Only ONE time is necessary and only ONE application is necessary.

- Disability or Open Water Requirements (for athletes without pool requirements)

o Applicants must have swum at one of the following; 4th World Deaf Swimming Championship – Aug 17-22, 2015, San Antonio, TX, 2015 Can-Am Open – Dec 10-12, 2015, Bismarck, NC, 2016 US Paralympic Team Trials-Swimming – Jun 30-Jul 2, 2016, Charlotte, NC, 2016 Open Water National Championships - Miromar Lakes, Fort Myers FL - April 8 & 10, 2016

To apply for the SAA team for 2015-16:

- Go to the USA Swimming Home Page or any page on the site.

- In the upper right corner, click on “Sign In”.

o If you do not have an account, click on the link to “create account” and follow the instructions.

- If you have an account, simply type your log in name and your password in the appropriate place.

o Make sure the account you have signed in with is linked to your (the athlete’s) USA Membership account. (If you are unsure of the link, go to My Account, Membership Information, where you can either link with ‘Click Here’ or Unlink to check the linked membership record and re-link.) You will not be able to access the SAA application without being logged in and linked to the athlete’s Membership account.

- Once you are sure you are correctly linked to your athlete registration, navigate to the SAA Application page and complete the application. Make sure you SUBMIT the application. If you cannot complete the application, SAVE your work so you can go back again to finish.

- o Once you submit your application, you will receive a confirmation email sent to your Deck Pass log-in email. If you do not receive that confirmation immediately upon submission, PLEASE contact Betty Kooy – blkooy@gmail.com so that we can check the status of your application.

- Your complete high school transcript will need to be uploaded for your application to be complete. All grades for the current year (both semesters 2015-2016) must be on the transcript. You must have completed the 10th, 11th or 12th grade in order to apply.

- o Note that school transcripts are the only documentation accepted for the Scholastic All America application (PDF or JPG files). Word documents will NOT be accepted. Grade cards and report cards will NOT be accepted. Only grades for the 2015-2016 school year will be used to determine your GPA but a complete transcript is required.

- o When a tabulator has completed evaluation of the materials, you will be notified of either acceptance or rejection via email.

- **Note:** Parents: If you are trying to apply for your child, you will have to use his/her log in and password information in order to link to the swim times for your child.

Questions:

- Betty Kooy, blkooy@gmail.com



Walk with Sacramento's stars.

The Sacramento region boasts some of the world's greatest entertainers and artists, athletes, news people, business people and scientists. The Sacramento Walk of Stars will

honor national and worldwide accomplishments made by those who call or once called the Sacramento region home.

Our 2016 Inaugural Stars



Photo by James Glader

- Debbie Meyer
- Olympic Athlete
- Gregory Kondos
- Visual Artist
- LeVar Burton
- Actor & Activist
- Dr. Ernie Bodai
- Surgeon & Advocate
- Timothy B. Schmit
- Musician

<https://www.eventbrite.com/e/walk-of-stars-inaugural-gala-tickets-25584559105?ref=estw>

SIERRA NEVADA SWIMMING LSC BOARD MEETING

Please plan to attend this HOD Board Meeting
and get involved!

Meeting Date: Saturday, October 15, 2016

Time: TO BE DETERMINED!!

Hosted by: Sierra Nevada Swimming

Location: TO BE DETERMINED!!

Google Directions:

Contact Information: Denna Culpepper <dennac@snswimming.org>

Remember: Silence is consent!!

**IF YOUR TEAM WOULD LIKE TO HOST A
STROKE AND TURN CLINIC FOR THE 2017
SWIMMING YEAR PLEASE CONTACT**

BILL ROSE AT: cbrose@omsoft.com

The new 2016 swimming year started on September 1st, and Stroke and Turn Clinics have been offered at many places, throughout our LSC. An "Athlete Protection Training" online program and a Criminal Background Check will be required for all first time non-athlete volunteers, Officials and Coaches, before your 2017 USA Swimming membership becomes valid. The clinics that will be offered in October will be for the 2017 swimming year.

After the 2016 USA Swimming Convention, there will be many 2017 yearly-required clinics offered. At this time, many clubs are trying to figure when to offer just such a clinic for their Officials, who have not attended a clinic yet for this swimming year.

REMEMBER; attend one of these yearly-required clinics when we host clinics in your neighborhood. Don't wait for us to come back. We might not be able to come back a second time.

ALL Officials have to attend yearly clinics!!

Future Administrative Official Clinics on
the Calendar

There are **NO** 2016 Admin Official Clinics
on the calendar.

Future Stroke and Turn Clinics on the Calendar

There are **NO** 2016 Stroke and Turn Clinics on the calendar.

The online test is an every other year requirement.

FOR THE **2016** USA SWIMMING YEAR,
THERE ARE **4 STROKE AND TURN JUDGES** WHO NEED TO
COMPLETE THEIR STROKE AND TURN/TIMER RE-
CERTIFICATION TEST!! IN ADDITION THERE ARE ALSO
3 CERTIFIED ADMINISTRATIVE OFFICIALS WHO HAVE TO
COMPLETE THEIR RE-CERTIFICATION AO TEST

**The 2016 Rulebook will be the only book used for ALL the
online tests, until April 15, 2017!!**

The 2016 Rulebook can be downloaded from the USA Swimming web site if you like, but in most cases you do not need the whole Rulebook for your test. The Rules and Regulations is one book that can be seen on the web site, in it's entirety, for free. The Rulebook can be found on the USA Swimming web site by going to the home page of the USA Swimming web site, then click on **About** (at the top), then click on **Rules & Regulations** and finally click under **USA Swimming Rulebook**.

REMEMBER PAST CERTIFIED OFFICIALS

After you have attended your 2016 Swimming Clinic, you will receive a message from me reminding you about taking an

online test if this is your year to take the re-certification test. This is one of the requirements to complete in order to be certified to work the deck after January 1, 2016.

TAKE YOUR 2016 ONLINE TESTS NOW!!

The online tests have been aligned with the 2016 Rulebook and are waiting just for you.

Use your 2016 Rules and Regulations now.

Officials: When taking your on-line tests, please...

TAKING THE ON-LINE SWIMMING TESTS

<http://www.usaswimming.org>

1. Once you are on the USA Swimming web site, look for "Sign In" at the top of the web page and then click on Sign In.
2. Fill in the information needed to become a member and then click on Log In. This step is only done the first time you sign-in on the USA Swimming web site.
3. When you return to the USA Swimming web page, click on MEMBER RESOURCES at the top of the web page.
4. Look for Officials in the middle of the web page, then click on Testing & Certification.
5. You will now get a page that has in the center of the page a statement that says, "INSTRUCTIONS TO 'SIGN IN' TO TAKE THE OFFICIALS TESTS." You have two choices: to click on [this link](#) to create an account or to click [this link](#) to be automatically redirected to

the Online Test Sign-in page. Look for the button, saying **START THE TEST** at the bottom of this screen. On my screen the blue changes to red.

6. Pick the test you want to take by selecting a test to start. Click on Select A Test and drag your mouse until the test you want is highlighted. In the center of the page, you will find "Select A Test." Make sure your pick is the correct one; there are 32 tests to choose. In most cases, your test will either be a Certification test or a Re-Certification test. You will then click on the "Start Test" button, but it will go to your personal history page. Make any necessary changes and click "Save Information & Proceed to Test." If no changes are necessary, then you will still click on the "Save Information & Proceed to Test" button at the bottom of the page.

7. Now click on Start Test button.

You now have 2 choices: **Choice one** is to click on "Print Blank Version of Test." You will print a version of the test, so you can study at your leisure and mark up your printed version of the test with the correct answers, which can be found in your current Rulebook. When you click on this choice, you will get a PDF copy of the test. You have to go one step further to print the test and that is to look for the small icon of a printer in the top left hand corner of the PDF document.

Choice two is to click on "Next." If you now click on "Next," you will see the first question of your test. If you don't have time to finish the whole test, one question at a time, make sure you click on "Save and Restart Later." The web site will remember which test you have chosen **only** if you have clicked on "Save and Restart Later".

I have heard that if you answer just the first question before you click on "Save and Restart Later" and then Logoff, you will be assured of returning to this same test the next time you have more time to spend completing the test. The tests, in most cases, have the questions in the

same order, but the answers will be randomized. In just a few of the tests, some of the questions are randomized also.

Looking at the first question, answer the multiple-choice answer. When completed with the first question, click on the "Next" button. If you have to stop for some reason and start later, click on the "Save & Restart Later" button.

8. Click Logoff at the top of the web page, if you want to take the test off line first.

9. Take the test off line at your leisure by using the printed version of your test.

10. When you are ready to fill-in the blanks, you will need to login on the USA Swimming web site where you will be on the USA Swimming Home page, then you will click on Member Resources, then go to Officials, where you will click on Testing & Certification and now go to Online Officials Test. You should see CHOOSE A TEST TO START at the bottom of the page. Click on this. This is your personal page listing the tests you have taken or signed up to take. What you are looking for is the **Prior Test List**. When you find the test that needs to be taken, click on "Resume." You will notice the time and date when the test was saved. You will also see places to click, such as **Resume**, **Delete**, **Print Blank Test** or **Print Answer Sheet**. By clicking on **Resume**, you will be able to put your correct answers to the test that was saved and waiting for it's answers. When you resume your test at a later date, the system will take you to the first question. If you want to go to where you left off, type in the number of the question that you want to start with, in the little box and click on the "Go" button. It will take you directly to the first question in need of an answer. **You might want to check and make sure the answers are in the order that they are listed on your printed test. If you didn't save and restart later correctly, most of the time the**

questions will be in the same order, but the multiple choice answers might be randomized. Double-check your choices.

Now you can continue to answer the questions in the same fashion.

11. Please check and make sure you have answered all the answers correctly.

When you get to the last question on the test, you can double check by clicking on the "Previous" button. If you click on the "Save & Restart Later" button, you may want to double check later.

12. When you have double-checked your answers, submit for grading by clicking on the "End Test/Submit for Grading" button. If you click on the "End Test/Submit for Grading" button, you will be finished with this test and receive a grade. Before your test will be graded, another window will show up on your computer screen, when it asks you if you are sure you want to end this test? Just click on OK. The LSC Officials Chair will receive the results at the same moment the test taker receives their score, which is seconds after the "End Test/Submit for Grading" button is clicked.

13. Remember: Haste makes waste or Measure twice and cut once. Once you have submitted your answers, it is too late for changes.

14. You will get immediate results as well as the LSC Officials' Chairperson. Now the screen that shows is your completed test results. You can review your results by clicking on "Review Results." Your computer will download a PDF copy of the test. You will have to retrieve it where downloads are found on your computer. If you click on "Return to Test Selection" you will return to the location where all of the tests you have taken are kept. This is the window where you selected the test to start this test taking process. You can review the test that was just taken by clicking on "View" which can be found on the right of the screen, on the same line as this most recent taken test.

Remember, each time you take another test, you will have to answer all the same information that was asked of you the first time, when you selected a test and started that test.

15. Click Logoff at the top of the web page when you are finished.

COMMON MISTAKES

DID YOU CHECK TO MAKE SURE THAT YOU HAVE MARKED YOUR RESPONSES ON THE SAME TEST THAT YOU DOWNLOADED?

WERE THE MULTIPLE CHOICE ANSWERS IN THE SAME SPOT AS THE TEST YOU DOWNLOADED?

YOU CAN GO BACK AND CHECK ANY QUESTION BY CLICKING ON "GO" AFTER YOU INPUT THE NUMBER OF THE QUESTION YOU WANT TO CHECK.

MAKE SURE YOU HAVE DOUBLE CHECKED YOUR RESPONSES BEFORE YOU CLICK ON SUBMIT!!

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| <p><u>IF YOUR TEAM WOULD LIKE TO HOST A STROKE AND TURN CLINIC FOR THE NEW YEAR, PLEASE CONTACT BILL ROSE AT: cbrose@omsoft.com</u></p> |
|---|

[ALL Officials](#) have to attend a yearly clinic!!

Besides attending a clinic, paying your non-athlete fees, completing or renewing your Criminal Background Check and completing your Athlete Protection Training, there is another requirement for some of you, if this is your year!!

[That requirement is taking your on-line re-certification test.](#)

The 2016 Rules and Regulations are now in effect for all on-line tests.

Now that you are certified, you may work other USA Swimming, LSC's or Sierra Nevada Swimming meets in August of 2016.

At some of these meets, you have to apply and also be certified as N2 or N3 Stroke and Turn Officials.

Meet Date: August 2-6, 2016

Type of Meet: U.S. Open

Certification Meet: This is a National Officials Qualifying Meet. Officials wanting to work this meet needed to have applied to work this meet with an Application to Officiate. The application date has passed. If you wished to be evaluated, you needed to have contacted the Lead Evaluator before the meet began, by email.

Hosted by: USA Swimming & the University of Minnesota

Location: Jean K. Freeman Aquatic Center
1910 University Ave SE
Minneapolis, MN 55455

LOCATION: Head southwest on Glumack Dr, Continue onto Airport Ser Rd (0.4 mi), Continue onto Glumack Dr (0.1 mi), Slight left to stay on Glumack Dr (0.3 mil), Keep left at the fork and merge onto MN-5 E (66 ft.), Take the MN-55 W/MN-55 E exit toward Minneapolis Fort Snelling/Hastings (0.8 mi), Keep left at the fork, follow signs for MN-55 W and merge onto MN-55 W (0.4 mi), Exit onto MN- 55 W/Hiawatha Ave (0.7 mi), Keep right at the fork, follow signs for I-35W N and merge onto I-35W N (5.7 mi), Take exit 18 for University Ave toward 4th St SE/County Rd 36 (1.1 mi), Turn right onto University Ave SE - Destination will be on the right (0.2 mi)

Information about the Jean K. Freeman Aquatic Center: Use the website below to find information about the Jean K. Freeman Aquatic Center

<http://www.gophersports.com/facilities/aquatic-center.html>

left at the tennis courts. Drop off at the pool entrance and continue to Chestnut (left) and left into the parking lot. Park only in marked spaces.

CLOVIS WEST AQUATICS COMPLEX

1070 E. Teague Fresno, CA 93720

From the south: Highway 99 (N) to 41 (N) to Herndon Avenue, east on Herndon to Millbrook, north on Millbrook to the corner of Millbrook & Teague. Continue on Millbrook to Cole and turn right and then immediately right into the campus parking lot.

From the north: Take highway 99 (S) to Herndon Avenue, east on Herndon and follow the directions above.

Contact Information:

Meet Director: Scott Fitzgerald **Phone:** 559-905-5372 **Email:** fitz307@msn.com

Meet Date: August 4-7, 2016

Certification Meet: This is a National Officials Qualifying Meet. Officials wanting to work this meet needed to have applied to work this meet with an Application to Officiate. The application date has passed, but they might need more Officials. You might contact the Meet Referee. If you wished to be evaluated, you might contact the Meet Referee as well.

Type of Meet: 2016 USA Swimming Futures Championships

Hosted by: PASA & Stanford University

Location: STANFORD UNIVERSITY
 AVERY AQUATIC CENTER
 235 SAM MCDONALD MALL
 STANFORD, CA 94305

Directions: Use the web site below to look at a map of the area around the AVERY AQUATIC CENTER

<https://www.google.com/maps/dir/'/avery+aquatic+center/@37.4311264,-122.2309651,12z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x808fbb2782da05b9:0x94b0cd288746edf4!2m2!1d-122.1609251!2d37.4311471>

Directions: Directions from San Francisco to the Avery Aquatic Center - Follow signs to the US-101. Merge onto US-101 S via the ramp to San Jose. Travel for 19.4 miles. Take the Embarcadero Road exit west towards Stanford. At El Camino Real, Embarcadero turns into Galvez Street. Cross El Camino Real and continue on Galvez. Turn left onto Nelson Road and proceed into the Varsity Parking Lot. The Avery Aquatic Center entrance is off of the southwest corner of the Varsity Parking Lot.

Meet Date: August 13, 2016
Type of Meet: Short Course Yards - Age Group Pentathlon
Hosted by: California Gold - Oakdale
Location: Oakdale High School Aquatic Center
739 West G Street
Oakdale, CA 95361

DIRECTIONS: From East bound HWY 108: Make right onto S. Wood Ave. Make left onto W. H Street. Make right onto Hinkley Ave. From South bound HWY 120: Make right onto F Street (HWY 108). Make left onto S. Wood Ave. Make left onto W. H Street. Make right onto Hinkley Ave.

Information about the Oakdale High School Aquatic Center: Use the Google website below to find information about the Oakdale High School Aquatic Center

<https://www.google.com/maps/dir/'/739+W+G+St,+Oakdale,+CA+95361/@37.7617864,-120.8563583,17z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x8090f835d1369afb:0xc5ba35639060afba!2m2!1d-120.8541696!2d37.7617864>

Contact Information: *Meet Director:* Ron Thompson,
oakdaleswimteam1@gmail.com,
(209)-380-0115

OFFICIALS: ASK YOUR QUESTIONS!!

- Changed August 1, 2016 -

Often Asked Questions by USA Swimming Officials

Do I have the experience they are looking for in officials for this meet? My son was selected and it looks like my wife and I will be attending.

Yes, you have enough experience and if you have not been evaluated yet for your N2 S/T certification, you could make that happen too.

Thanks for the vote of confidence. I may try for N2 at JOs next week.

What are the steps and requirements for someone to be a: Stroke & Turn, Head Starter, Head Referee, Admin Official?

Starting after the 2016 USA Swimming Convention, in the early part of October, we will be offering 2017 clinics for new and re-certifying Officials. This is a must to attend to start the

membership process for the swimming year of 2017. To become a member of USA Swimming, the person has to pay the membership dues (\$62) and the background check (\$36.50). Once the person is a member, the person can focus on completing the requirements for Stroke and Turn certification, which are completing the Certification online Stroke and Turn/Timer test and the six deck training sessions. Once certified as a Stroke and Turn Judge, the official needs to work a year, before advancing to become a Certified Starter. The requirements to become a Starter are: (passing the Starter online test and working six deck training sessions). Once certified as a Starter, the Official can train to become a Deck Referee. The training begins with the passing of the multiple online tests (Starter, Referee, Admin Referee, Timing Judge, Clerk of Course and Stroke and Turn/Timer). Once the tests are completed, the six deck training sessions can begin. After several years as a certified Deck Referee, this person might be knowledgeable enough to be a Head Referee.

Can the Admin Official also be the Hy-tek Operator at meets? I currently run the Hy-tek for our meets and I am familiar with some of the Admin official duties.

Becoming an AO requires the person to attend an AO clinic, be a Member of USA Swimming, and take the AO online test and work two training sessions with a Trainer who has been an AO, AR or Meet Referee for at least a year. The AO **can not** be the Computer Operator. The AO needs to be able to check the work of the Computer Operator or Hy-tek person.

I already been to the clinic last year and pass the background check. Is it too late for me to take the test and on deck training? Do I have to pass the test first then do the on deck training? Or vice verse?

It is not too late to do the test or deck training. It would probably be wise to take the test first, so you can ask questions while doing your deck training. The swimming year is kind of confusing. The swimming year, begins on September 1st and ends 16 months later, on December 31st of the following year. In your case, you still have until December 31st to get your requirements completed for 2016, but if I start doing 2017 clinics in October of this year for 2017, please plan to attend if I am in your area.

I'm currently applying to do Stroke & Turn for JOs but have some questions re: application: 1. What is the LSC code? 2. What would be my "current certification?" And how would I fill in that section? Check mark by the correct certification level?

In answering your questions, the LSC code is SN. Your current certification is LSC/N1, unless you have been evaluated by a National Evaluator, sometime in your journey and advanced to N2 S/T. You can request an evaluation, if you have worked 16 sessions as a Stroke and Turn Judge, since being certified as a LSC Stroke and Turn Judge. You would list S/T in the box for LSC/N1 and the expiration date is 12/31/2016.

I have a quick question. I completed my first training session on Saturday at the Paradise Firecracker Meet. I did not have the form to sign off my 6 sessions. (I did sign in at the meet however.) I am having difficulty locating it online. Can you direct me?

Most Meet Referees have copies of the form, but if you are having a hard time locating the form, I sent it with your "Welcome Message," shortly after you attended the S/T Clinic. I will attach it to this email too. Since you signed in and have completed your Criminal Background

Check and APT, the Meet Referee should be able to enter your training sessions onto the Officials Tracking System which is located on the USA Swimming website.

Quick question regarding Finals attire for the Speedo Sectionals at the RAC: Blue Oxford shirt--long sleeve? Short sleeve? Full button down not polo style correct?

In most cases, it is a button down the front blue oxford short sleeve shirt. I believe they are on the USA Swimming website. If you want one with swimming logo on it, go to <http://www.usaswimofficials.com/>

Is a swimmer that is completely submerged at the finish of backstroke disqualified?

A swimmer can be submerged at the finish, but not prior to the finish. The finish is considered to start when the official is no longer looking at the whole body, when the eyes are moving to look at the shoulders, to make sure the swimmer is finishing on their back.

I need a clarification on this. According to the Rulebook it is illegal to wear armbands or leg bands. What is the difference between an armband and bracelet? Or leg band and anklet?

Compression of the body like the current suits. Jewelry is not tight and please take my word for it, it is legal.

102.8.1.A has the rule about "armbands", which is not defined in the glossary of the 2016 rule book. Using the dictionary definition it is "a band worn around the arm". This would encompass watches, jewelry, hair ties, motion sickness bands, anything around the arm. Is there any further guidance or rule clarification from USA swimming on the definition of "armbands"?

Armbands as defined in the Rulebook are something that compresses the body, like tape. A loose fitting bracelet or heat winner's award doesn't fit being so tight to compress that part of the body. Bottom line - jewelry is legal, unless it was a timing device. Hope this helps.

How do I print the completed badge?

Hopefully, you can use your computer's printer and print the PDF copy of your 2016 Certification Card. You can then cut out the small part that is your 2016 Certification Card, fold it and then laminate it. If you don't have a laminator, you can take it to Office Mac or some such copy place to make your card into something you can wear with pride. I have attached your 2016 Certification Card, if you have not seen or received this card in your computer's inbox.

SWIMMING SITUATIONS

- Changed August 1, 2016 -

1. A swimmer starts her race in Lane 4 and halfway through the race she realizes that she is in the wrong lane and had accidentally switched lanes with the swimmer in Lane 5 prior to the start. At the end of the race, the swimmer in Lane 5 wins but the swimmer in Lane 4 protests saying that she did not swim in the correct lane and that they should re-swim the race. What should be done?

Recommended Resolution: There should be no re-swim. USA Swimming Rules & Regulations states that the swimmer must start and finish in the same lane but it is not the responsibility of the swimmer to start in the correct lane. That is the Head Timer's responsibility. Of course, we would like to believe that the swimmers will try their best to get to their assigned lane.

Applicable Rules: 102.22.4, 102.17.2A

2. In a 25-yard pool, there are no colored floats or any other indication as to where the 15-meter marks are in the pool. After the start of a 50-yard backstroke race, a swimmer swam underwater and her head broke the surface of the water beyond the point where the lane lines changed to solid red at the turn end of the pool. The stroke judge raised his hand, indicating a disqualification. The coach questioned the call with the referee. The coach stated that since there were no markings to indicate 15 meters, there was no way of knowing where the swimmer's head had to break the surface of the water. The Referee let the disqualification stand. She stated that the swimmer obviously surfaced much more than 15 meters from the end of the pool since the solid red lane floats that cover the last five yards of the course at the turn end begin 20 yards from the start end of the pool. Should the call have been upheld?

Recommended Resolution: This is an opportunity for a Referee to do some preventative work. The Referee should always know if there are any portions of the facility, which do not meet the standards indicated in that section of the Rulebook. Before the meet starts, the Referee should try to get the lane lines marked appropriately (another potential use of duct tape?). If that is not possible, then no calls should be made for a 15-meter violation.

Applicable Rules: 101.4.2, 102.11.1, 102.11.5, 103.15.2

3. It is a requirement of an LSC that a swimmer needs to swim at two LSC meets to qualify for its zone team. Having swum in one LSC meet and thinking that sectionals would qualify as the second, he does not enter the last LSC meet of the season before the zone championship meet. Upon finding out that sectionals will not count as an LSC meet, his Coach explains the situation to the Meet Referee and asks if the swimmer can deck enter at the meet. The Meet Referee agrees to the deck entry. Subsequently, another Coach protests the decision on the basis that the Meet Announcement had an entry cut-off date and stated that no deck entries were permitted. Should the protest be upheld?

Recommended Resolution: The protest should be upheld and the swimmer should not be permitted to swim. The Referee cannot change the entry provisions because of sympathy for a swimmer in a difficult situation.

Applicable Rules: 102.7.3

4. The lifeguards at a venue are dealing with the meet as well as another pool that is used for recreational swimmers. The lifeguards are blowing their whistles on a regular basis to help maintain order at the facility and that has, from time to time, been confused for the Referee's whistles signaling the preparations for another heat. What should the Referee do?

Recommended Resolution: The safety of all at the meet is the primary concern of all so we need to work around what the lifeguards have to do. The Meet Referee should discuss our protocols with the person in charge of the pool and the lifeguards. When USA Swimming first began using whistles to prepare for the next heat, it was recommended that Referee's short whistles be at least five in number so as to avoid confusion with the three blasts that Red Cross lifeguards use to indicate an emergency. For the long whistle, it is recommended that the Referee make sure that the blast is of significant length and loudness to reduce confusion with any whistling done by the lifeguards. Additionally, both the Referee and Starter need to be cognizant of the presence of life guard whistles and be observant of a swimmer who may have reacted to one of the lifeguard's blasts.

Applicable Rules: Introduction to Part One Technical Rules, 102.11.5

5. At an eight-and-under meet, there are three swimmers seeded into the first heat of the girl's 50-yard freestyle (after scratches). When the Deck Referee blows the short whistles only the swimmer in Lane 4 steps up. Not wanting to have her swim by herself, the Deck Referee decides to move her to Lane 8 of heat two (based on the heat sheets it is empty). When the swimmer gets to Lane 8, she finds that there is a swimmer already there (added by the administrative staff due to an error in loading the entries). What should the Deck Referee do?

Recommended Resolution: This is an example of a communications problem. Any changes in the composition or consolidation of heats made by the administrative staff needs to be communicated to the Deck Referee for that event as well as, if possible, the Starter and Chief Judges. In turn, any change in the heats that the Deck Referee would like to make should be communicated to the administrative staff. This communication would prevent this type of situation from occurring. In the given situation, the Referee should move the swimmer that was added in Lane 8 Heat 2 to the first heat because that is where the swimmer should have been seeded.

Applicable Rules: 102.7.1

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| TAKING THE ON-LINE TESTS |
|---------------------------------|

- Changed August 1, 2016 -

**The examples this month appear on the 2016 CLERK OF COURSE
Certification test, which will now be answered with the 2016 Rulebook.**

1. In a meet where a combination of preliminary and final events and timed finals are scheduled, an athlete plans on competing in a combination of both individual timed final events and individual preliminary and final events in one day. What is the maximum total number of individual events that this swimmer may compete in for that day? **467.25**
- A. Not more than five (5) individual events per day.
 - B. Not more than four (4) individual prelim/final events per day.
 - C. Not more than three (3) individual events per day.
 - D. None of the above.

Hint: Please review reference 102.2.6 for the correct answer.

2. In order to compete in a meet, a swimmer must be entered in compliance with the requirements stated in which document? **468.18**
- A. The swimmer must be entered in compliance with the general regulations governing entries in USA Swimming, but need not comply with the event entry requirements stated in the Meet Announcement.
 - B. The swimmer must be entered in compliance with the local LSC Bylaws, but need not comply with the event entry requirements stated in the Meet Announcement.
 - C. The swimmer must be entered in compliance with the event entry requirements stated in the Meet Announcement.
 - D. None of the above.

Hint: Please review reference 102.2.1 for the correct answer.

3. In a timed finals meet, how many individual events may a swimmer compete per day? **494.8**
- A. Not more than five (5) individual events per day.
 - B. Not more than four (4) individual events per day.
 - C. Not more than three (3) individual events per day.
 - D. None of the above.

Hint: Please review reference 102.2.3 for the correct answer.

4. In a preliminaries and finals meet, in how many individual events per day may a swimmer compete? **1359.5**

- A. Not more than two (2) individual events per day.
- B. Not more than four (4) individual events per day.
- C. Not more than five (5) individual events per day.
- D. Not more than three (3) individual events per day.

Hint: Please review reference 102.2.2 for the correct answer.

5. The Meet Announcement for a two day, timed finals, age-group meet specifies that swimmers may compete in not more than four individual events per day. A swimmer enters four events on each day of the meet. Due to lightning and thunder on the first day of the meet, the third and fourth individual events for the swimmer are postponed until the next day. Which of the following statements about this situation is correct? **1360.6**

- A. On the second day of the meet the swimmer may not swim in the two postponed events so as not to exceed the individual event per day limit specified in the Meet Announcement.
- B. On the second day of the meet the swimmer may swim in the two postponed events as well as the originally scheduled four events that the swimmer had entered.
- C. On the second day of the meet the swimmer may swim in the two postponed events, but must scratch two of the originally scheduled events for day two so as not to exceed the individual event per day limit specified in the Meet Announcement.
- D. On the second day of the meet the swimmer must scratch one of the postponed events and one of the originally scheduled events for day two so as not to exceed the individual event per day limit specified in the Meet Announcement.

Hint: Please review reference 102.2.4 for the correct answer.

6. A preliminaries and finals meet is scheduled with the Meet Announcement specifying that swimmers are limited to three individual events per day. The Meet Announcement also specifies that finals for each event will be swum one day subsequent to the preliminaries for that event. On the first day of the meet a swimmer qualifies for finals in each of the three individual events entered by the swimmer. The same swimmer has also entered an additional three individual events on the second day of the meet. Which of the following statements about this situation is correct? **1361.5**

- A. On the second day of the meet, the swimmer may swim any combination of preliminaries

and finals desired as long as the swimmer does not compete in more than three individual events.

B. On the second day of the meet, the swimmer may swim any combination of preliminaries and finals desired as long as the swimmer does not complete in more than five individual events.

C. On the second day of the meet, the swimmer may swim in the three preliminaries entered by the swimmer and may also swim in three finals in which the swimmer qualified.

D. On the second day of the meet, the swimmer may only compete in the three final events and must be scratched from the three preliminary events.

Hint: Please review reference 102.2.5 for the correct answer.

7. Excluding relay teams representing an LSC at a Zone meet or similar all-star competition sanctioned or approved by USA Swimming, can a relay team be composed of unattached swimmers in USA Swimming competition? **372.8**

A. Yes, as long as they are members of USA Swimming.

B. No, under no circumstances.

C. Yes, as long as they are all registered through the same LSC.

D. Yes, as long as they all train together with the same coach.

Hint: Please review reference 102.3.1 for the correct answer.

8. In a preliminaries and finals event, what may be done when there is only one preliminary heat? **464.13**

A. The Clerk of Course may combine the preliminary heat with another similar event and run it during the preliminary session.

B. The Referee may decide to seed it as a final heat and swim it only during the final session.

C. If there is only one heat, it shall be swum as scheduled during the preliminaries and finals.

D. None of the above.

Hint: Please review reference 102.5.1A(1) for the correct answer.

9. In a preliminaries and final event that has 32 entries in an 8-lane pool, which answer below is correct for seeding in the preliminaries session? **465.10**

- A. The swimmers with the 9th through 16th best times will swim in Heat 3.
- B. The top eight swimmers will be divided between the four heats and seeded in the two fastest lanes in each heat.
- C. The fastest eight swimmers will be in Heat 4.
- D. None of the above.

Hint: Please review reference 102.5.1C for the correct answer.

10. Assuming it is announced in the Meet Announcement, what sort of adjustments can be made to the order in which preliminary and timed final heats will be swum? **470.17**

- A. Heats may be swum from slowest to fastest.
- B. Heats may be swum from fastest to slowest.
- C. Heats may be alternated between women and men.
- D. All of the above.

Hint: Please review references 102.5.6A and 102.5.6C for the correct answer.

1. The correct answer is “C” for the multiple-choice answer.
2. The correct answer is “C” for the multiple-choice answer.
3. The correct answer is “A” for the multiple-choice answer.
4. The correct answer is “D” for the multiple-choice answer.
5. The correct answer is “B” for the multiple-choice answer.
6. The correct answer is “C” for the multiple-choice answer.
7. The correct answer is “B” for the multiple-choice answer.
8. The correct answer is “C” for the multiple-choice answer.
9. The correct answer is “D” for the multiple-choice answer.
10. The correct answer is “D” for the multiple-choice answer.

If you have any questions that you would like to ask, just e-mail Bill Rose at:
<cbrose@omsoft.com>